

Nov 10 2  
Lectures

# Directional Terms

distal  
distal

1. The fingers are distal to the wrist

1a The hand is distal to the elbow.

2 The elbow is proximal to wrist

2a The wrist is proximal to the fingers.

3 The head is superior to the chest.

3a The neck is superior to the waist.

4 The kidneys are lateral to the spine

4a The lungs are medial to the ribs.

5 The nose is anterior to the throat

5a The tongue is posterior to the teeth.

6 The navel is superficial to the ribs

6a The ribs are medial to the navel.

7a The intestines are inferior to the lungs.

7a The heart is inferior to the clavicles.

8 The waist is midline

9 The Rt lungs are

10 The Lt

20 What Plane - Rt - Left

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proximal

superior

lateral

medial

anterior

posterior

superficial

inferior

1st The plane

2nd

3rd

